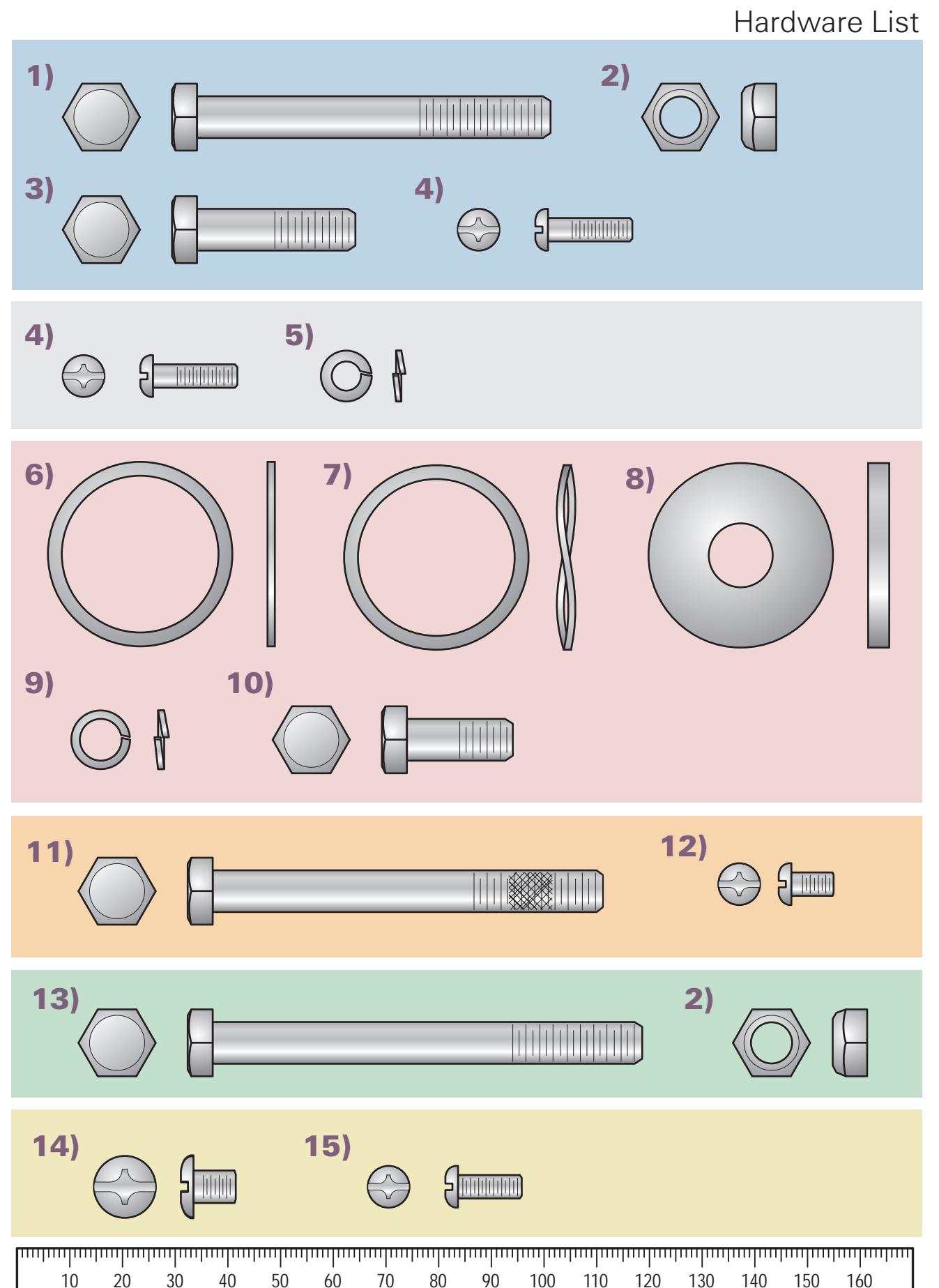


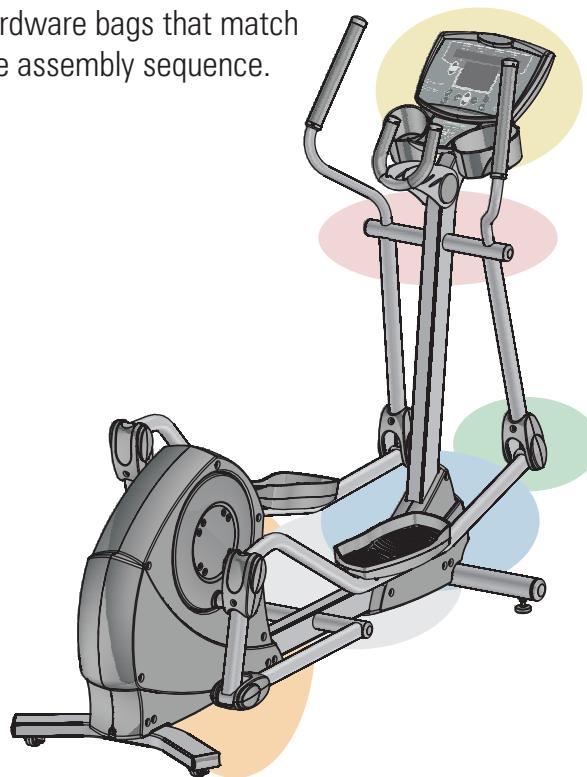
X3o & X3s Cross-Trainer

Item	Qty	Description
1	4	67 mm Hex Head Bolt
2	7	Hex Head Nut
3	2	30 mm Hex Head Bolt
4	21	16 mm Phillips Screw
5	12	8.6 mm Lock Washer
6	2	Large Flat Washer
7	2	Large Wave Washer
8	2	Flat Washer
9	2	18.1 mm Lock Washer
10	2	20 mm Hex Head Bolt
11	1	74 mm Hex Head Bolt
12	6	8 mm Phillips Screw
13	2	81.5 mm Hex Head Bolt
14	2	8 mm Large Phillips Screw
15	4	12 mm Phillips Screw



Assembly Guide:

Look for the number coded hardware bags that match the assembly sequence.



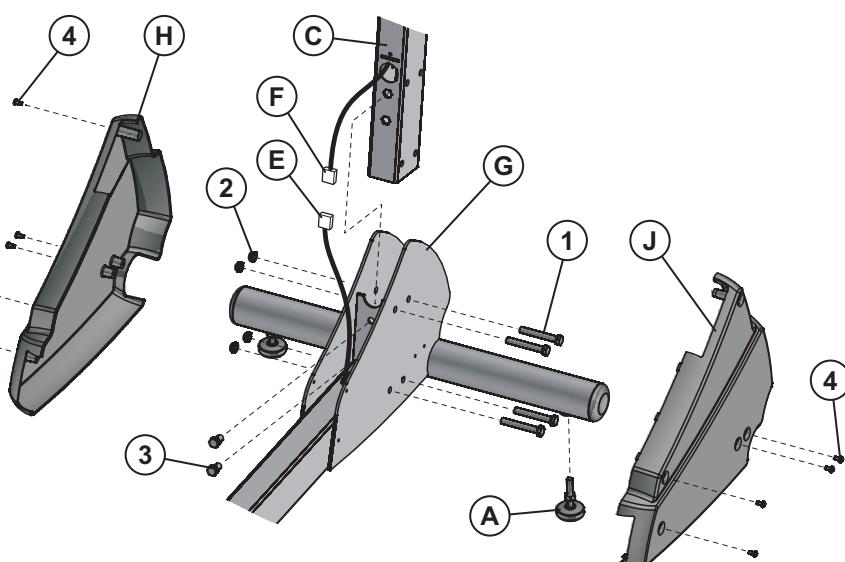
Tools required: Metric Socket set, Phillips Screwdriver, Metric Wrench set

- Position the base unit near the desired location for use (Refer to the "Getting Started" section of the User Manual for proper location). Locate and install the two LEVELER FEET (A) into the front stabilizer as shown.
- With the DISPLAY CONSOLE MOUNTING PLATE (B) facing upward, lay the UPRIGHT TUBE ASSEMBLY (C) on floor in front of BASE FRAME (D). Cut the wire tie securing the LOWER WIRE HARNESS (E) to the front of the BASE FRAME. Connect the UPPER WIRE HARNESS (F) to the LOWER WIRE HARNESS. Position the UPRIGHT TUBE ASSEMBLY (C) between the FRONT FRAME PLATES (G) on the BASE FRAME (D). Feed any excess wire harness into the BASE FRAME. Tilt the UPRIGHT TUBE ASSEMBLY into an upright position. Align the holes on the plates with the holes on the UPRIGHT TUBE ASSEMBLY. Secure the UPRIGHT TUBE ASSEMBLY to the BASE FRAME using four 67 mm HEX HEAD BOLTS (1) and four NUTS (2). Leave BOLTS loose at this time.
- Using two 30 mm HEX HEAD BOLTS (3), secure the UPRIGHT TUBE ASSEMBLY (C) to the backside of the SUPPORT PLATE on the BASE FRAME (D). Tighten the BOLTS securely. Tighten the previous four HEX HEAD BOLTS (1) securely.
- Position the right and left FRONT SHROUDS (H & J) over the FRONT FRAME PLATES (G). Secure the FRONT SHROUDS using nine 16 mm SCREWS (4). Tighten the SCREWS securely.
- Locate the USER RIGHT PEDAL LEVER (K) and PEDAL (L) (marked with an "R"). Position the PEDAL above the PEDAL MOUNTING PLATE (M) and secure the PEDAL using six 16 mm SCREWS (4) and six LOCK WASHERS (5). Tighten the SCREWS securely. Repeat for the USER LEFT PEDAL and PEDAL LEVER.
- Slide one LARGE FLAT WASHER (6) and one LARGE WAVE WASHER (7) onto the USER RIGHT PIVOT SHAFT (N). Slide the WASHERS fully over the PIVOT SHAFT until seated against the pre-installed stop ring.
- Locate the USER RIGHT ROCKER ARM ASSEMBLY (O) (Marked with an "R"). With the top handgrip facing the front of the unit (as shown), slide the USER RIGHT ROCKER ARM ASSEMBLY onto the USER RIGHT PIVOT SHAFT (N) until seated against the WASHERS (6 & 7). Secure the ROCKER ARM ASSEMBLY to the PIVOT SHAFT using one FLAT WASHER (8), LOCK WASHER (9), and 20 mm HEX HEAD BOLT (10). Tighten the BOLT securely. Insert one ROCKER ARM END CAP (P) into the end of the ROCKER ARM SHAFT. Repeat the procedure for the USER LEFT ROCKER ARM ASSEMBLY (Q).
- Position the rear end of the USER RIGHT PEDAL LEVER (K) near the USER RIGHT REAR CLEVIS (R). Position the end of the PEDAL LEVER between the clevis flanges. Align the holes and secure as shown using one 74 mm HEX HEAD BOLT (11) and one NUT (2). Tighten the BOLT and NUT securely.
- Position one front and back CLEVIS COVER (S & T) over the USER RIGHT REAR CLEVIS (R). Secure the CLEVIS COVERS using two 8 mm SCREWS (12). Tighten the SCREWS securely.

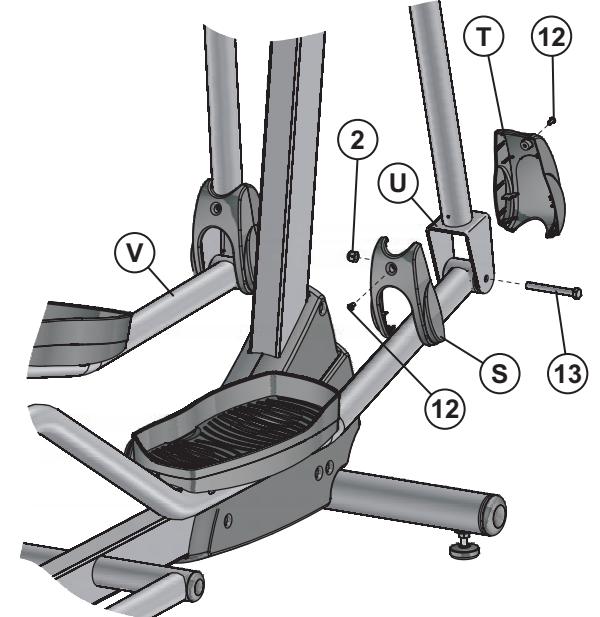
Assembly Sequence

- Lift the front end of the USER RIGHT PEDAL LEVER (K) to meet the USER RIGHT ROCKER ARM CLEVIS (U). Secure the PEDAL LEVER to the ROCKER ARM CLEVIS using one 81.5 mm HEX HEAD BOLT (13) and one NUT (2). Tighten the BOLT and NUT securely. Repeat the procedure for the USER LEFT PEDAL LEVER and ROCKER ARM CLEVIS.
- Position the front and back ROCKER ARM CLEVIS COVERS (S & T) over the USER RIGHT ROCKER ARM CLEVIS (U). Secure the CLEVIS COVERS using two 8 mm SCREWS (12). Tighten the SCREWS securely. Repeat the procedure for the USER LEFT ROCKER ARM CLEVIS (V).
- Position the ACCESSORY TRAY (W) over the DISPLAY CONSOLE MOUNTING PLATE (B) located at the top of the UPRIGHT TUBE ASSEMBLY (C) as shown. Route the CONNECTOR (X) leading from the DISPLAY CONSOLE MOUNTING PLATE through the large hole in the ACCESSORY TRAY BRACKET (Y). Secure the ACCESSORY TRAY using two 8 mm SCREWS (14). Tighten the SCREWS securely.
- Position the DISPLAY CONSOLE (Z) over the DISPLAY CONSOLE MOUNTING PLATE (B) located at the top of the UPRIGHT TUBE ASSEMBLY (C). Plug the CONNECTOR (X) leading from the DISPLAY CONSOLE MOUNTING PLATE into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE. Make sure the CONNECTOR snaps into place. Push excess wire harness into the opening of the DISPLAY CONSOLE MOUNTING PLATE.
- Plug the HEART RATE CONNECTOR (AA) leading from the ACCESSORY TRAY (W) into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE. Make sure the CONNECTOR snaps into place.
- X3s Only:** Plug the LOWER CONSOLE CONNECTOR (BB) leading from the ACCESSORY TRAY (W) into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE. Make sure the CONNECTOR snaps into place.
- Secure the DISPLAY CONSOLE to the DISPLAY CONSOLE MOUNTING PLATE (B) using four 12 mm SCREWS (15). Tighten the SCREWS securely.
- CAUTION: Be careful not to pinch the wire harnesses when assembling the DISPLAY CONSOLE (Z) to the DISPLAY CONSOLE MOUNTING PLATE (B).
- Refer to the "Getting Started" section of the User Manual for proper location, stabilizing, and POWER ADAPTER instructions.

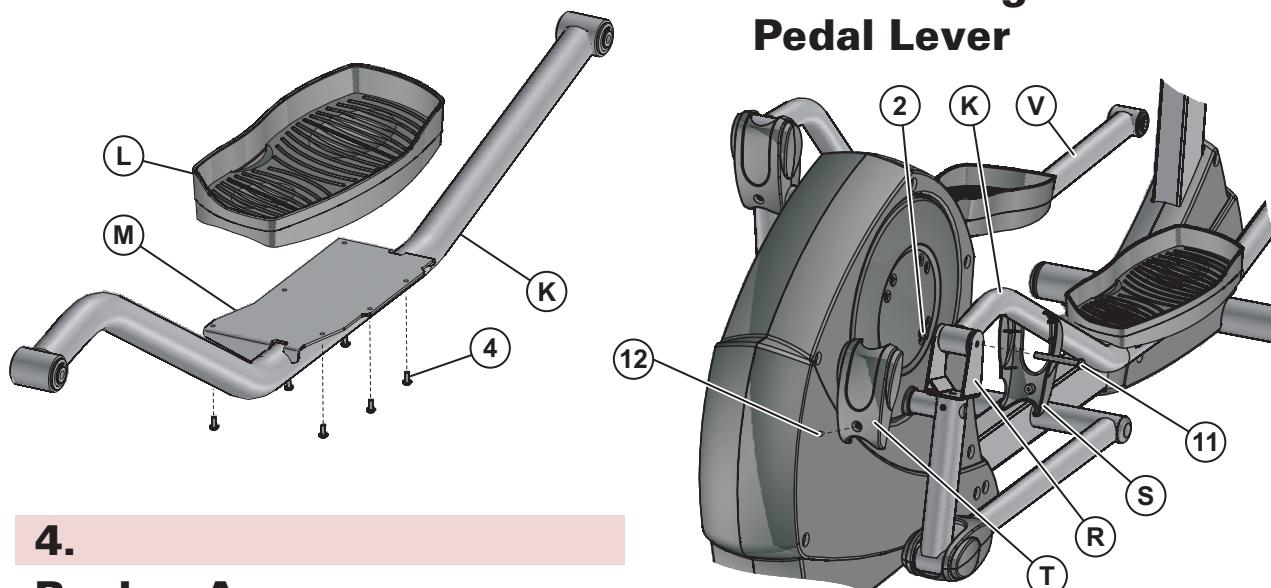
1. & 2. Levelers & Monocolumn



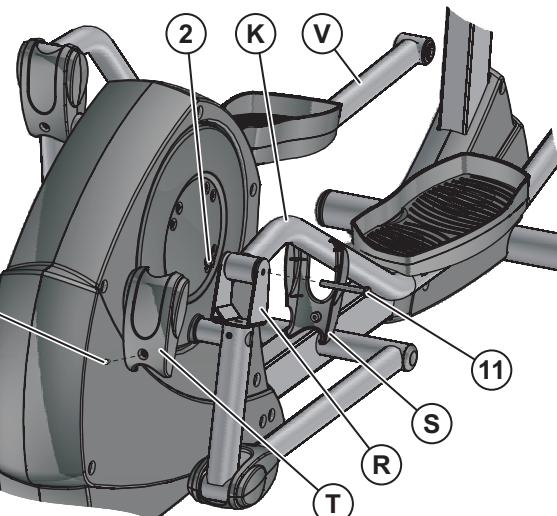
6. Pedal Lever & Rocker Arm Assembly



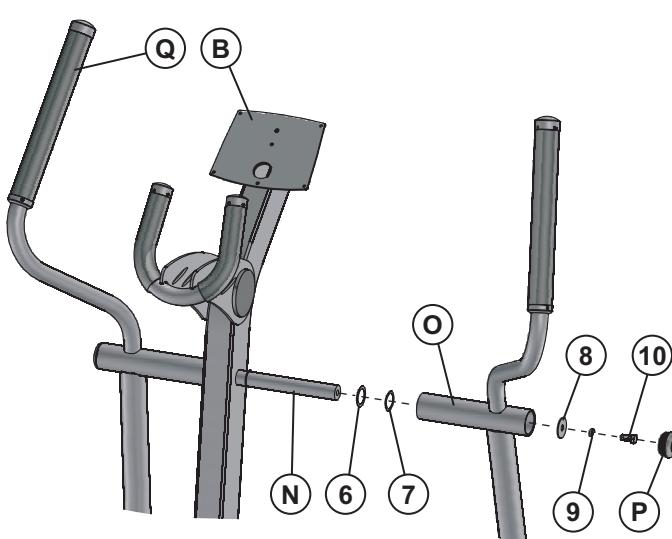
3. Pedals



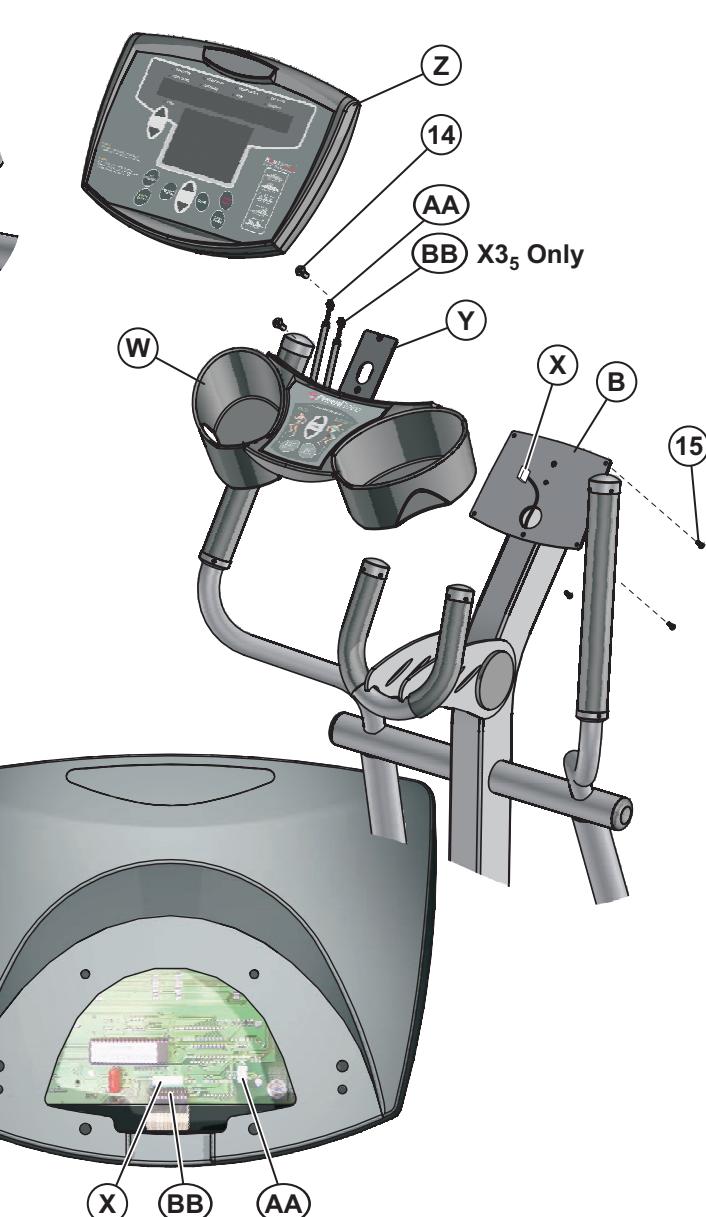
5. Pedals & Right Rear Pedal Lever



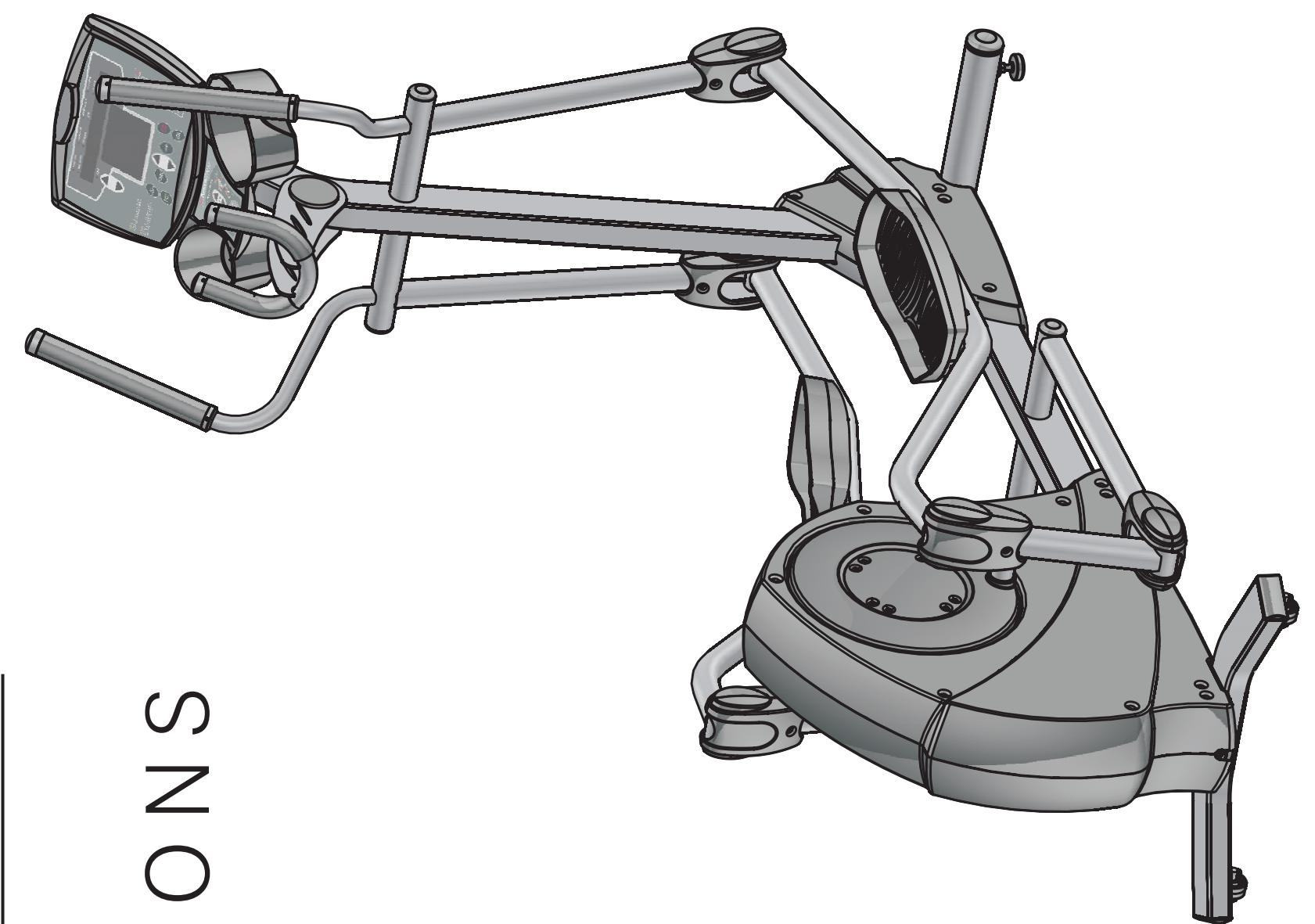
4. Rocker Arms



7. Accessory Tray & Console



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ASSEMBLY INSTRUCTIONS - Trainer

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